How To Train Your Ego

Where did your ego come from?

Gen 3:5
For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

There needs to be an awareness to understand the created spiritual self, and the flesh mind self. The flesh mind self was created when the spirit-soul was birthed into the flesh. Creating a spirit of duality still yet connected. Scripture refers this to the inner man, and the image of the earthly and the heavenly.

John 3:31
He that cometh from above is above all: he that is of the earth is earthly, and speaketh of the earth: he that cometh from heaven is above all.

Eph 3:16
That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

1Co 15:49
And as we have borne the image of the earthy, we shall also bear the image of the heavenly.

A key point to take into consideration is that your birthing into the flesh that created that duality "ego god self", now currently has the awareness of life, and the spirit which is life itself takes a back seat to the current awareness. This is the whole focus on what scriptures are trying to bring across for souls to understand.
Now establishing the ego, the outer man is largely responsible for what comes from the mind-brain. The outer man takes presidence over the inner man because of the awareness of "life" from the self through the 5 senses and not the created spirit.

Ego likes to think it is protecting your best interests based mostly upon past experiences. Past experiences that may not reflect the right thinking in the present-now-moment.
The ego thinks it acts in one's best interests balancing the humans external world with its internal self. In essence though, it has overtaken the true spiritual self and is compromising it in the world of duality.There is no duality in the true spiritual self.
The ego is the "god" in man as mentioned in Gen 3:5 with awareness stemming from the mind-brain. The ego-god relates to self-esteem, self-importance, and self-worth. That's fine, but it puts the mind in thinking of the "self" being above others, (as gods), when in fact all created souls are equal in any given situation or experience at any time.

Jesus states;

John 3:12
If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you of heavenly things?

1Co 15:53 For this corruptible must put on incorruption, and this mortal must put on immortality.

1Co is saying that the corruptible, which is a spiritual death from a flesh perspective, must draw the spiritual self into current awareness. The spiritual self that is immortal.

Mark 7:15-16

There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. If any man have ears to hear, let him hear.

Saying that nothing can defile the spirit because the makeup of the spirit is pure love. Anything other then love is not from the spirit.

The flesh world offers the duality of life in opposition to love and/or defile. Opposition, or duality that established freedom of the soul. The freedom to freely choose life, or to choose entertaining and loving what defiles him.

In addition, the spiritual self knows only of knowledge of, but not the experiences of, "feelings" from the flesh such as fear, anxiety, anger, resentment, insecurity, doubt, pride, arrogance, worry, distress, and alike that are commonalities of this flesh world.
If the ego would have any qualities about it, the mind-self would have the ongoing awareness having confidence, humility, empathy, being less self-centered, and understanding in everything that is projected from the mind to the senses. Control coming from the spiritual self. The spiritual self when under present awareness is able to control the ego and the products stemming from the duality of goodness and negativity.
Experiences that would be opposite of love, freedom, faith, trust, and alike from the spiritual self, that are connected to God, are then compromised by the ego.
The ego-flesh-mind thinks it's balancing or making up for what the true spirit stands for. When the spirit is not being accessed.
The ego "judges" every minute detail and feels like there has to be some kind of determination from "whatever experience", either from itself or what is sees from others. Judgement should be coming from the spiritual self and not the flesh-ego self. The ego will "justify" from the flesh perspective and not the spiritual perspective in which the spirit was created.

The changes begin from the flesh creating a false separation from the true self, just as the same separation is "felt" in the souls relationship with God and neighbor. A false sense of separation.

If a soul would understand that it's true self is perfect and the mind-self has trust and faith in God, the ego has little purpose. If there is any purpose of the ego, it would be in having confidence in faith, total trust in God's control, and having empathy for others in any given situation, allowing them to live from the freedoms that the soul chooses to live with and from.

MJI (LightWorker)